

Your quick Mediterranean Diet guide

The Mediterranean diet is more than a diet – it's a healthy eating pattern recommended as part of the Dietary Guidelines for Americans. All foods fit into this pattern; the key is controlling portion and frequency. The Mediterranean Diet emphasizes eating more fruits, vegetables, legumes, whole grains and seafood, complemented by dairy and lean proteins.



Dairy

2-3 servings of low-fat dairy daily¹



Vegetables

2 ½ cup equivalents daily



Fruits

2 ½ cup equivalents daily



Grains

6 ounces daily; make half your grains whole



Protein

- **Fish and Seafood:** 15 ounces weekly; aim for choices high in omega-3 fatty acids – like salmon, trout or canned tuna
- **Lean Meat, Poultry and Eggs:** Moderate portions daily to weekly for a total of 26 ounces per week²
- **Nuts, Seeds and Soy:** Daily, totaling about 5 ounces per week



Olive Oils

High in monounsaturated fats, olive oils are good for your heart and your taste buds; use as dipping sauce or to cook vegetables and proteins daily



Herbs and Spices

Use abundantly to boost flavor without adding calories or sodium



For more resources you can share with you patients, visit DairyMAX.org/health/printables.

Serving sizes based on a 2,000 calorie diet.

Mediterranean Diet

Ranked 2020's No. 1 Best Overall Diet by U.S. News & World Report

Keep health at the forefront

- Research shows the Mediterranean diet is associated with reduced inflammation³; blood pressure, blood glucose and lipids⁴; oxidative stress⁵; cardiovascular disease risk⁶; and total mortality.⁷ Adopt this eating style to improve health and lower risk of chronic diseases.
- While the Mediterranean diet isn't specifically designed for weight loss, it can promote weight loss. To enjoy this benefit, be sure to consume correct portion sizes and exercise regularly.

Don't forget the dairy

- Enjoy fermented dairy in a number of traditional Mediterranean dishes, from cheese and Greek yogurt to kefir (dairy drink) and labneh (strained yogurt cheese).

Focus on variety, amount and nutrient-rich foods

- Try recipes of popular dishes from different Mediterranean countries – like Italy, Greece and Spain – for a variety of flavors, textures and nutrients.
- Variety is key to getting all the essential vitamins, minerals and healthy fats your body needs. Focus on enjoying foods from all five MyPlate groups.

Stay balanced

- Get regular sleep and physical activity.
- Limit salt and alcohol. Red wine is optional in the Mediterranean diet, but aim for no more than 1 glass a day for women and 1-2 glasses a day for men.

Make half your plate fruits and veggies

- Fruits and veggies are the basis of this eating pattern. At every meal, strive to eat at least one serving of each.
- Load your plate with lots of color. Aim for a mix of leafy greens; red, yellow and orange vegetables; starches; and earthy legumes.
- Fresh, frozen and canned are all healthy options. If using canned vegetables, choose low-sodium options or rinse them in a colander to cut down on sodium.

Include healthy fats

- Get good fats – including monounsaturated fats, polyunsaturated fats and omega-3s – in your daily diet through olive oil, nuts and fatty fish – such as salmon and tuna.

References

1. Wade AT, et al. A Mediterranean diet supplemented with dairy foods improves markers of cardiovascular risk: results from the MedDairy randomized controlled trial. *Am J Clin Nutr*. 2018;108(6): 1166-1182. 2. O'Connor LE, et al. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial. *Am J Clin Nutr*. 2018;108(1): 33-40. 3. Chrysohoou C, et al. Adherence to the Mediterranean diet attenuates inflammation and coagulation process in healthy adults: The ATTICA Study. *J Am Coll Cardiol*. 2004 Jul 7;44(1):152-8. 4. Doménech M, et al. Mediterranean diet reduces 24-hour ambulatory blood pressure, blood glucose, and lipids: one-year randomized, clinical trial. *Hypertension*. 2014 Jul;64(1):69-76. 5. Dai J et al. Association between adherence to the Mediterranean diet and oxidative stress. *Am J Clin Nutr*. 2008 Nov;88(5):1364-70. 6. Martínez-González MA, et al. Benefits of the Mediterranean Diet: Insights From the PREDIMED Study. *Prog Cardiovasc Dis*. 2015 Jul-Aug;58(1):50-60. 7. Trichopoulou A, et al. Adherence to a Mediterranean diet and survival in a Greek population. *N Engl J Med*. 2003 Jun 26;348(26):2599-608.



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